

Lolo School District

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Recipe Sizing Report

Jun 15, 2012

000178 - Sweet Potato Brownies : Lolo

HACCP Process: #2 Same Day Service

Number of Portions: 50

Size of Portions: 1 each

Step 1

011507 SWEET POTATO,RAW,UNPREP.....	5.555555 sweetpotato, 5" long
019165 COCOA,DRY PDR,UNSWTND.....	3.666662 cups + 0.5 Tbsp
900158 FLOUR WHEAT.....	1 lb + 6.222221 ozs
002010 CINNAMON,GROUND.....	2.75 tsp
900241 baking powder.....	22.22222 (1/8 TSP)
002047 SALT,TABLE.....	1.375 tsp
019334 SUGARS,BROWN.....	3.666662 cups + 0.5 TBSP (packed)
001123 EGG,WHOLE,RAW,FRESH.....	5.555555 large
004582 VEGETABLE OIL,CANOLA.....	0.5 cup + 1 tsp
050358 APPLESAUCE, CANNED, UNSWEETENED, WITHOUT..	0.5 cup + 1 tsp
000049 VANILLA EXTRACT.....	1 Tbsp + 2.5 tsp
002021 GINGER,GROUND.....	1 Tbsp + 2.5 tsp
012155 WALNUTS,ENGLISH.....	1.75 cups + 1.5 TBSP (chopped)

Preheat oven 350 degrees.

The day before you can steam or boil sweet potato until soft, mash until smooth, you will need 3/4 cup of mashed potato. You can also used canned sweet potatoes instead.

In a bowl beat your eggs, oil, applesauce qand vanilla. Add your dry ingredients, potatoes mix until well mixed.

Spray sheet pans, and bake about 20 minutes.

Cool before slicing

*Nutrients are based upon 1 Portion Size (1 each)

Calories	148 kcal	Cholesterol	24 mg	Protein	*2.88* g	Calcium	*35.01* mg	*39.86%*	Calories from Total Fat
Total Fat	*6.54* g	Sodium	121 mg	Vitamin A	*301.2* RE	Iron	*1.35* mg	*6.86%*	Calories from Sat Fat
Sat Fat	*1.13* g	Carbs	*23.77* g	Vitamin A	*2078.6* IU	Water ¹	*16.00* g	*0.05%*	Calories from Trans Fat
Trans Fat ¹	*0.01* g	D. Fiber	*2.97* g	Vitamin C	*0.5* mg	Ash ¹	*0.89* g	*64.38%*	Calories from Carbs
								7.80%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values